

PAHANG

A Gift of Nature



Celebrating 50 Years of Nationhood

Malaysia
Truly Asia

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A GIFT OF NATURE

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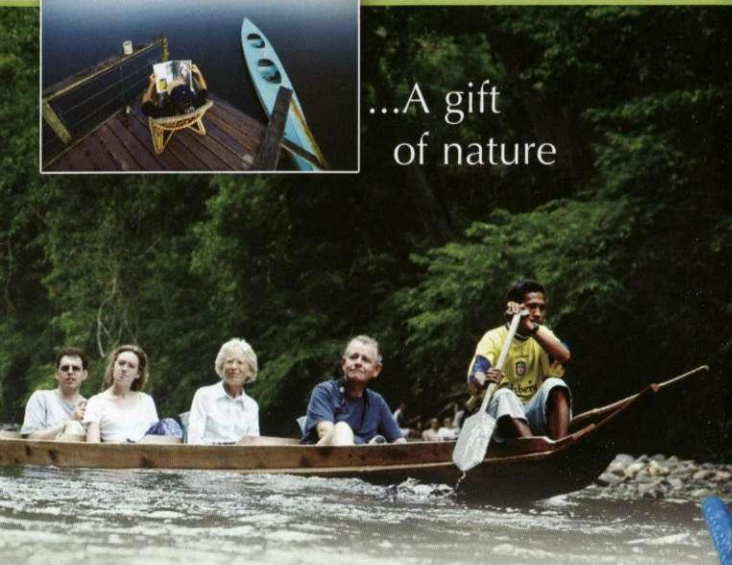
MAP OF PAHANG



Welcome to Pahang



...A gift
of nature



Pahang, the largest state in Peninsular Malaysia, is endowed with a diverse range of attractions. Nearly two-thirds of the 35,960 sq km state is enveloped in verdant rainforest, making it a magnificent enclave of lush greenery, exotic wildlife and nature's wonders. The country's premier national park, Taman Negara as well as the Endau Rompin State Park contain an astounding ecological diversity with a vast collection of flora and fauna. The state also has the distinction of being the home of the first Ramsar heritage site at Lake Bera. The *Orang Asli* or indigenous people, with their intriguing traditions and way of life, add colour to Pahang's heritage.



Pahang's long scenic coastline is a paradise of swaying palms and sandy beaches washed by the South China Sea. Cherating Beach and Tioman Island are renowned as some of the region's most popular

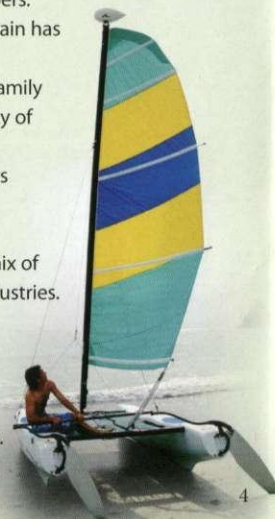
beach resorts, captivating sun-seekers with their exciting beach activities, underwater attractions and pristine charm.



The formidable Main Range divides the state into east and west, and Gunung Tahan, the highest peak in the peninsula, provides challenging adventures for serious climbers.

The state's mountainous terrain has also endowed it with several invigorating hill stations, ideal for fun-filled family holidays. Genting Highlands, dubbed the city of entertainment, and Berjaya Hills Resort, a French-themed resort, are excellent getaways situated an hour's drive from Kuala Lumpur.

Kuantan, the state capital, is an interesting mix of modern buildings and charming cottage industries. Pahang's majestic nature, beautiful beaches, bustling townships, quaint villages, friendly people, unique craft and delicious food make for mesmerising and unforgettable vacations. Come, discover this gift of nature.



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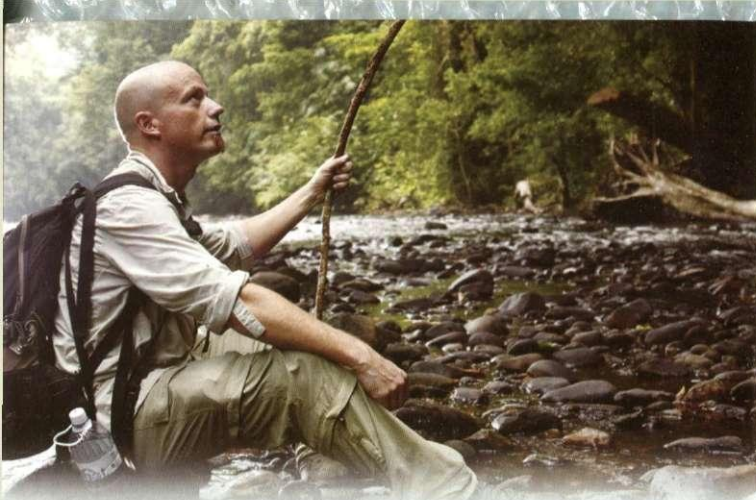


Magnificent Wilderness



Nature & Adventure

Pahang is endowed with natural treasures that never fail to enchant nature-lovers. Its 130 million-year-old rainforest is home to a fascinating range of plants, animals, birds and reptiles. Its pristine lakes offer spectacular sights while its majestic cave formations and rushing rapids provide unrivalled thrills.



Taman Negara

For a truly back-to-nature experience, plan a trip to Taman Negara or the National Park. Covering an area of 434,350 ha, Taman Negara has been a focus of plant and animal evolution longer than any other forest in the world.

The park straddles across three states. Over half of its total area including its headquarters at Kuala Tahan is in Pahang.

Tourists will be amazed at the diversity of flora and fauna encountered. Look out for the giant buttressed *tualang* trees as they tower 200 feet above you in the dense dipterocarp forest. From here, one can also begin the ascent up Peninsular Malaysia's highest mountain,



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Gunung Tahan at 2,187 m above sea level. Wildlife can be observed from 'hides' overlooking salt licks and grassy clearings. Get a bird's-



Contact: Department of Wildlife and National Parks (PERHILITAN)

• Kuala Lumpur Office
Tel : 603 - 9075 2872

• Kuala Tahan Office
Tel : 609 - 266 1122

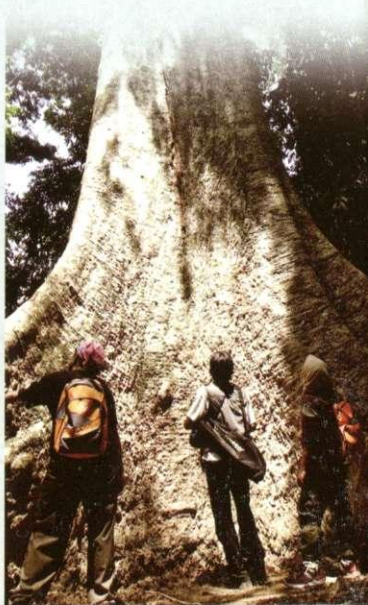
• Gua Musang Office (for Kuala Koh)
Tel : 609 - 912 2940 / 928 2952

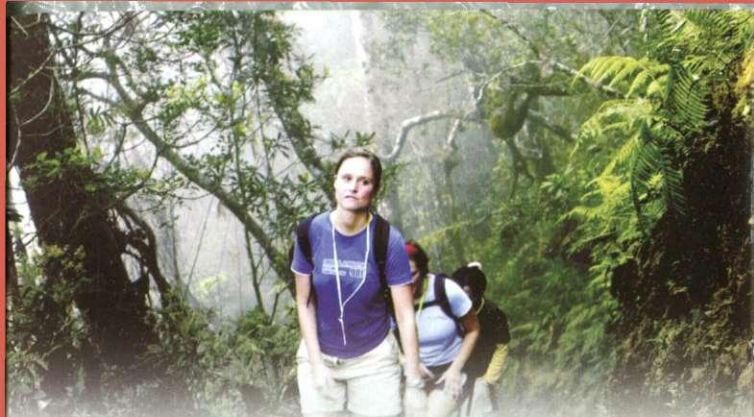
• Terengganu Office
Tel : 609 - 622 7751



eye view of the park on the longest canopy walkway in the world. Before you leave, be sure to visit the *Orang Asli*, otherwise known as the *Batek* people.

Visitors can access the park via Kuala Tahan or Sungai Relau, Merapoh in Pahang. Other entry points are Kuala Koh in Kelantan and Tanjung Mentong in Terengganu. Permits and licenses can be obtained from the Department of Wildlife and National Parks (PERHILITAN) offices in Kuala Lumpur and at the entrances to the park.





Sungai Relau

Sungai Relau is an alternative entry point into Taman Negara or the National Park. It is located west of Taman Negara, about 7 km from the small town of Merapoh. Noted for its diverse biological resources, Sungai Relau is where you can enjoy kayaking, caving and even a night safari. This is also one of the three embarkation points to Gunung Tahan. The trail here to the summit is shorter than the main route from Kuala Tahan with a return walk taking five days.



Accommodation includes hostels, chalets, dormitories and campsites.

Contact:
Department of Wildlife and
National Parks (PERHILITAN)
Merapoh Office
Tel : 609 - 9124 894



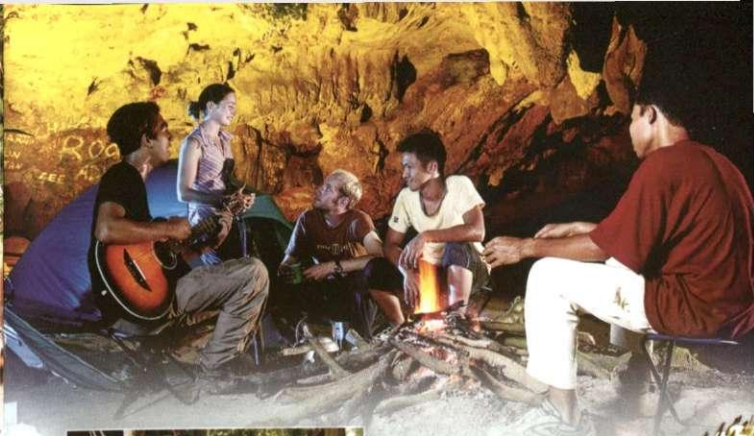
Dining

Pahang offers a variety of dining options. Chinese and Malay cuisines are popular. Alternative dining experiences include their pick of the best of international all-time favourites. Many fast food outlets are available. Pahang's authentic local food will tempt the most discerning and tantalising. Savour dishes like *Savoury* and *Laksa* are popular. Varieties of seafood are available. *Opor Pahang* is a traditional meat dish. *Nasi Perik* is a traditional pitcher plant. Indigenous





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Kenong Rimba Park

This park is sprawled over 120 sq km in the Kenong Valley with its eastern and northern boundaries fringing Taman Negara. Caving is a popular sport here. Climbing the Kesong Valley Range will lead to the many caves in the park. The more popular ones are Gua Hijau (Green Cave), Gua Buta (Blind Cave) and Gua Harimau (Tiger Cave). Take a cruise along Kenong River and enjoy the scenic view.

Accommodation here consists of chalets, dormitories and campsites.

From Kuala Lipis town, the park is accessible by a 2-hour boat ride and a trek to the base camp.

*Contact :
Kuala Lipis District Forest Office
Tel : 609 - 312 1273*

*Lipis CentrePoint Hotel &
Apartments Sdn. Bhd.
Tel: 609 - 3122 688
Fax: 609 - 3122 699*





Lake Bera

Lake Bera, measuring approximately 35 km long and 20 km wide, is the largest natural freshwater lake in Peninsular Malaysia. It is also Malaysia's first Ramsar site, a recognition given to wetland areas for its international importance in nature conservation.



Nature enthusiasts will be thrilled to discover nearly 328 species of flora, 200 species of birds, 50 mammals and more than 95 species of fish in the lake area.

Enjoy a river safari or go trekking to catch sight of monkeys and flying squirrels. A boat ride around the lake will be a memorable experience as the boatmen skilfully navigate through the maze of vegetation. Visit the *Semelai* tribe to watch their interesting method of collecting resin from *Keruing* trees. Lake Bera is situated 163 km from Kuantan.



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Lake Chini

About 100 km southwest of Kuantan lies Lake Chini, Malaysia's second largest natural lake. It teems with a variety of freshwater fish, and the surrounding wilderness is home to unique flora and fauna. Primates such as White-handed gibbons, Long-tailed macaques, Pig-tailed macaques and Banded langurs have been sighted here. At certain times of the year, the lake is filled with lotus blossoms.

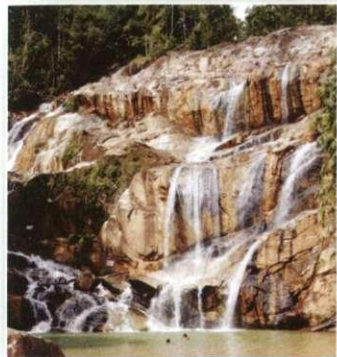


Legends and folklores enshroud the lake with a mystical aura. Lake Chini is said to be the site of a submerged Khmer city, guarded by a mythical creature.



A host of activities can be enjoyed here, including boat rides, fishing trips and jungle trekking. For a fascinating experience, visit the *Jakun* settlement, one of Pahang's indigenous peoples and take home a unique handicraft.





Jeram Besu

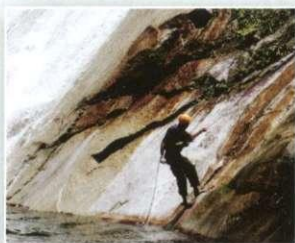
Jeram Besu or Besu Rapids is definitely a must for those raring for adventure and thrills. Just 30 km from the town of Raub, Jeram Besu is one of the best white-water rafting sites in the country.

Other thrilling activities here include flying fox, off-road adventures, abseiling, caving and jungle trekking. Visitors can choose to camp out in the wild and take a relaxing dip in the Lata Berembun waterfalls nearby.

Contact: Countryview Recreation Park (Jeram Besu) Sdn. Bhd.

Tel : 609 - 323 0230

Fax : 609 - 323 0200



Sungai Museum

A serene town about 40 km from Kuantan, Sun offers a glimpse of bygone days and Japanese heyday, Sun the largest s mine in Sou charming he here are rem past.

The Sungai formerly the British offici from the tow rich days, inc equipment, costumes, fu tableware. I diorama fea work. Open 9.00 am - 5.0 during lunch Contact: 609

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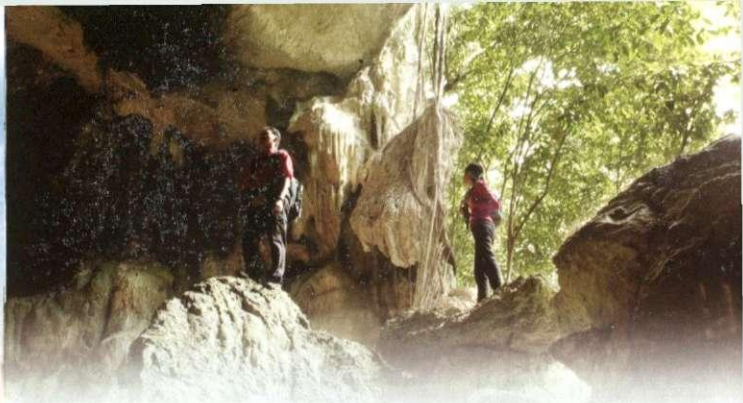




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Kota Gelanggi Caves

Marvel at the astonishing geological formations of this million-year-old cave system, located 30 km east of Jerantut. Explore its cave chambers, once home to prehistoric communities.

Among the popular showcaves here are Terang Bulan, which takes about an hour to explore. The Kota Gelanggi Service Centre offers further information on the caves, and exhibits artefacts such as pottery and bones of early humans.

*Contact: Tekam Plantation
Resort*

Tel : 609 - 471 8300

Tekam Plantation Resort

Fresh air, chirping of birds and lush greenery greet visitors to this hideaway. Located approximately 130 km from Kuala Lumpur, this resort offers a refreshing ambience of being surrounded by tropical trees and fruit orchards. Tempt your palate with exotic fruits such as durian, rambutan, mango, banana, guava and mangosteen. Visit the cocoa, coffee, oil palm and rubber plantations and be greeted by the sound of geese and roosters. The Tekam Plantation Resort is popular with groups for its 9-hole golf course and many recreational facilities.

*Contact: Tekam Plantation
Resort*

Tel : 609 - 471 8300





SELAMAT DATANG

KE
HUTAN NEGERI ENDAU-ROMPIN
JALAN CARIL MAKMUR

Endau-Rompin State Park

Explore the wonders of nature in this ancient rainforest. The Endau-Rompin State Park is the second largest national park in Peninsular Malaysia, named after the Endau and Rompin Rivers that flow through the park. It is one of the country's last remaining lowland dipterocarp forests, straddled across the states of Pahang and Johor.

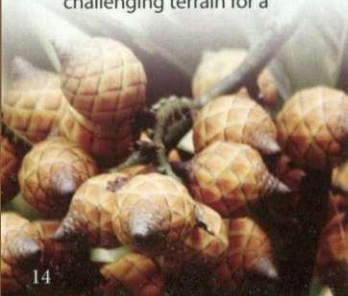
The untouched wilderness awaits nature lovers with a host of attractions including a variety of flora and fauna, majestic rock formations, lovely waterfalls and rivers. Go on a trek to discover its rare plants or climb the challenging terrain for a



breathtaking view of the jungle canopy. Bird-watchers will be fascinated with the nearly 250 species of birds which make their home here.

Permits must be obtained before entering this nature reserve. Trekkers will be guided by forest rangers to ensure safety.

*Contact: Rompin Forestry
Department.
Tel : 609 - 414 5204*





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Gunung Senyum Recreational Forest

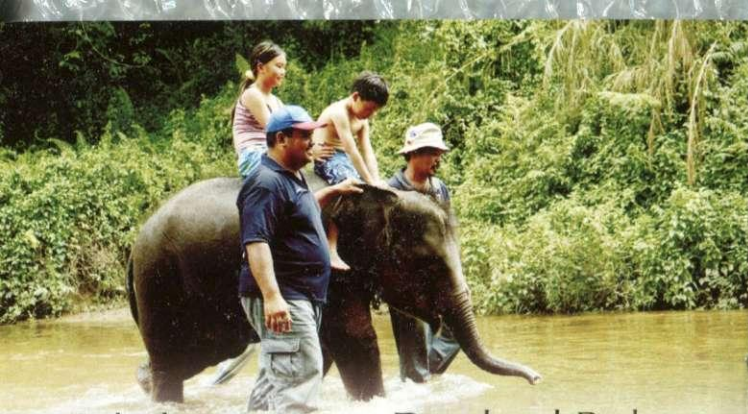


This recreational forest is a paradise for nature lovers. The Gunung Senyum and Jebak Puyuh caves, the main attractions here, offer avid explorers hours of thrill. The former consists of approximately 18 caves, a favourite among explorers and researchers for their impressive formations and million-year-old fossils. An ancient tomb within the caves is of archaeological interest.

The Jebak Puyuh Cave system, located further away, contains seven caves. Its variety of cave-dwelling insects and plants await discovery. Lucky visitors may even chance upon albino pythons that inhabit the cool, dark crevices of the cavern. A host of outdoor activities can be arranged for groups.

*Contact: Temerloh Forestry
Office. Tel : 609 - 296 2755*





Seladang Conservation Centre

This 50-hectare area in South Jenderak, about 130 km from Kuantan, is sanctuary to the endangered *seladang* or Malaysian gaur. It is the second largest land mammal after the elephant and is said to be one of the wildest animals. Enjoy this rare and thrilling opportunity to stand close to them.

Open: Mondays - Fridays (9.00 am to 4.30 pm) Contact: Dept. of Wildlife and National Parks (PERHILITAN) at 609-286 1827.

Elephant Conservation Centre

Located in Kuala Gandah, 40 km from Bentong, this centre is dedicated to rescuing and protecting the country's elephants. Take a close look at these friendly jumbos during their feeding times or watch the fun as they enjoy a muddy splash in the nearby river.

Open daily (8.00 am to 4.30 pm) Activities are held from 2.00 pm to 3.45 pm. Contact: 603-9075 2872

Deerland Park

This deer sanctuary is situated in Bukit Rengit, Lanchang, about 140 km from Kuantan. Traverse the park's Nature Garden on an elevated boardwalk and marvel at its varieties of herbs and plants. The highlight of a visit here will be the interesting and fascinating deer-feeding session. The park's Animal World offers attractions such as ostriches, peacocks, deers and a sunbear. Visitors can also go camping or join a guided tour to learn basic jungle survival skills.

Animal World is open daily from 11.00 am to 6.00 pm, except on Fridays.

Visits to Nature Garden is by appointment.

Contact : 609 - 277 9305

The Seladang and Elephant Conservation Centres as well as the Deerland Park are situated within the Kuala Krau Wildlife Reserve, which straddles across Raub, Jerantut and Temerloh.



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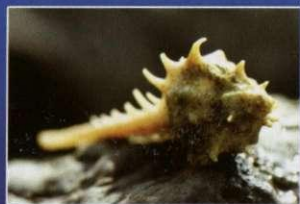
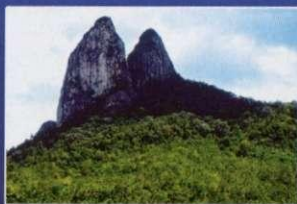


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Sun, Sea & Sand



Islands & Beaches

Pahang's numerous sandy beaches and idyllic islands in the South China Sea offer endless bliss for sun-seekers. The warm and calm waters are ideal for water sports. Most of the state's beaches are situated near to Kuantan. Take your pick from a wide range of beach resorts and the delightful beach activities.



Tioman Island

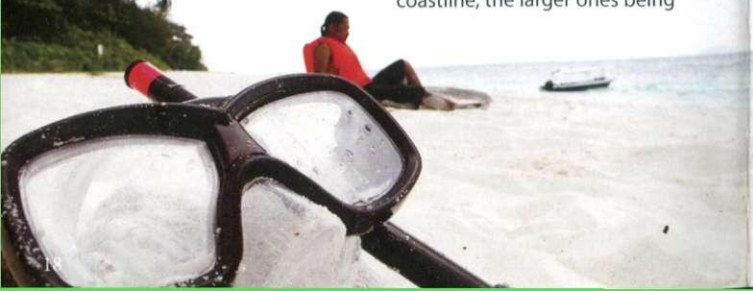
About 56 km off the coast of Pahang lies Tioman, an alluring holiday paradise in the South China Sea.

Acclaimed as one of the best island getaways in the world, Tioman was the setting for 'Bali Hai' in the Hollywood musical, South Pacific. According to legend, this island is the final resting place of a mythical dragon princess. Till today, the island bears startling resemblance to a sleeping dragon.



The warm waters and good visibility of its surrounding waters make Tioman a paradise for divers. Discover astounding sights such as colourful gorgonian sea fans, staghorn corals, nudibranchs and beautifully sculptured sea sponges. Snorkellers can delight in swimming alongside Napoleon fish, Golden striped trevally, Bumphead parrotfish and shoals of Fusiliers.

This island is an idyllic spot for leisurely days under the sun. Swim in its emerald waters, enjoy a stroll by the beach or be lulled to sleep by the sound of the waves. There are several villages scattered around the coastline, the larger ones being



Perfect for visitors will spectacular ice-skating. Enjoy a visit where you toboggan. adventurous Sky Ventures skydiving. Tourists can resort or stay Skyway Station Jaya, 950 m and take a the summer





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Salang, Tekek, Genting, Paya
and Juara. Each village offers a
different and unique
atmosphere.

Tioman's verdant greenery is
home to a splendid variety of
plants and small animals,
including butterflies, monitor
lizards, deers and monkeys.
Its flora and fauna has
been featured in National
Geographic's documentaries.
The island's granite formations
make for excellent
rock-climbing adventures.



The more adventurous can
attempt to scale the sheer cliff
face of the legendary Gunung
Nenek Semukut or Dragon's
Horns. Berjaya Tioman Beach,
Golf & Spa Resort offers a
luxurious stay amidst a
backdrop of rolling hills and
scenic views.

*Contact: Rock Climbing Blanks
Face Adventure.
Tel : 014 - 817 5946*





Cherating

Cherating, 47 km north of Kuantan, is famed as the location of Asia's first Club Med. Enjoy a host of aquatic thrills such as catamaran sailing, kayaking and windsurfing. The nearby Cherating Village offers an opportunity to watch handicraft demonstrations amidst a rustic and laid-back

kite-flying, top-spinning and batik-painting. Chendor Beach, just minutes away, is a favourite spot to catch sight of the rare Green Turtle nesting.

Contact: Cherating Turtle Sanctuary and Information Centre. Tel : 609 - 581 9087



atmosphere. This charming village offers modest but comfortable accommodations for backpackers. At the Cherating Cultural Complex, visitors can try their hand at

Teluk Chempedak

Teluk Chempedak, only a few kilometres from Kuantan, is a traditionally popular weekend retreat for its calm waters and beautiful casuarinas-lined coastline. Enjoy sailing, surfing and water skiing or take in the lovely view of the sunrise.



Fresh fruits and plants, cacti and purchased at the Farm and Brin

The fantasy-like located at the highlands is a not to be miss





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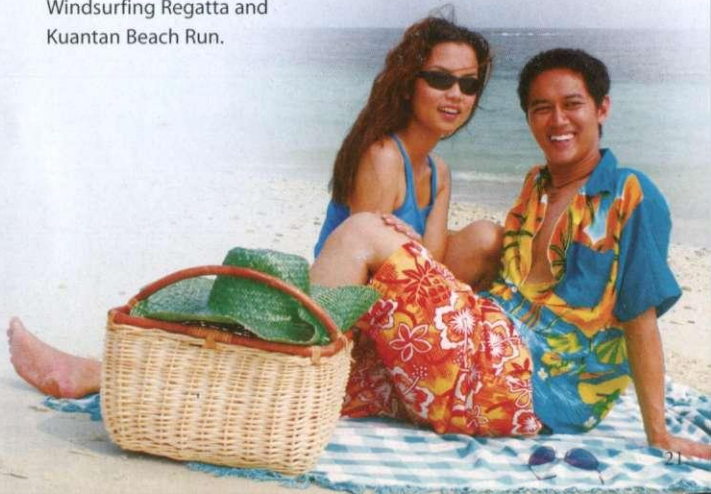


Balok

About 15 km north of Kuantan is Balok, a vibrant playground for activities such as windsurfing, kite-boarding, sailing and swimming. It also hosts the annual International Windsurfing Regatta and Kuantan Beach Run.

Beserah

This quaint fishing village about 10 km from Kuantan is the place to watch the seasonal phenomenon of fisherfolk using buffaloes to transport the day's catch to the market. For a difference, the Beach of Black Sand, just 10 km from Kuantan will be a sight to behold, as the black sand glitters under the sun. Its calm waters and seafood stalls make it a popular weekend getaway.

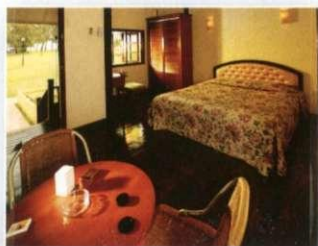




Lanjut / Rompin

Situated about 125 km from Kuantan, the quiet beach areas in Lanjut and Rompin are a haven for those seeking solitude. Go for a nature walk, view the spectacular display of fireflies or watch the nocturnal ritual of turtle nesting. Island-hopping and diving trips can be arranged.

These beaches are the venues for the annual International Woodball Competition and the



Royal Pahang International Billfish Challenge. Well-known resorts here include the Lanjut Golden Beach Resort and Summerset Colonial Villas. The Seri Malaysia Hotel here provides comfortable accommodation at an affordable price. These beaches are situated close to Tanjung Gemok, the staging point to Tioman Island.



Pahang is
colo
With the

Cool Highland Retreats



Hill Resorts

Pahang is home to several delightful hill stations. Scenic vistas, colourful blooms and lush tropical foliage abound.

With the cool mountain air blowing gently past your cheek, a sense of calm embraces you...



Cameron Highlands

A refreshing cool retreat is the best way to describe Cameron Highlands. Undulating valleys and majestic mountains surround this popular hill station at 1,524 m above sea level. A 4-hour drive from Kuala Lumpur, Cameron Highlands is the largest hill resort in the country. Sprawling tea plantations, terraced flower gardens, orchards and vegetable farms are common sights due to the cool climate. Stop by the strawberry farms and sample

delicious homemade jams. Flower nurseries are a delight to visit while the Agro Technology Park in the main town of Tanah Rata is filled with temperate blooms and herbs.



Trace the history of tea planting on a guided tour after which, indulge in a cup of hot tea of your preferred flavour and some tasty shortbread.

Golfers can tee off at the 18-hole golf course between Tanah Rata and Brinchang town.



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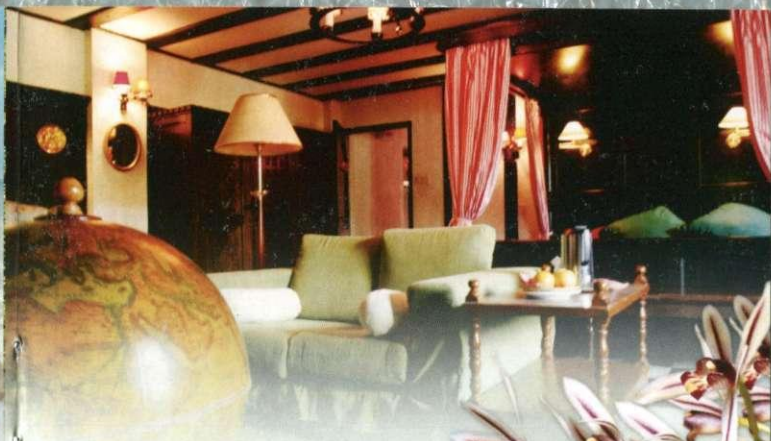


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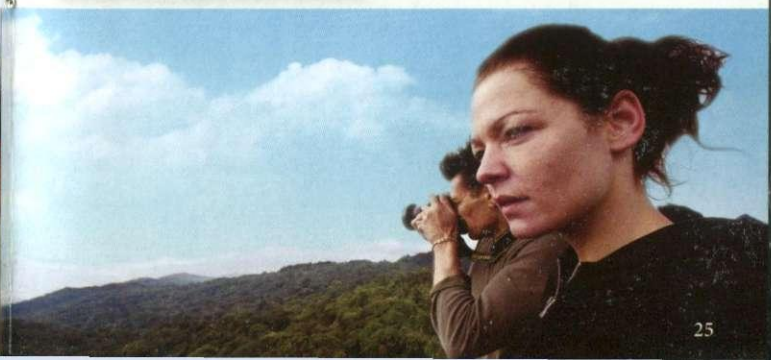
Fresh fruits and vegetables, potted plants, cacti and souvenirs can be purchased at the markets in Kea Farm and Brinchang.

The fantasy-like Mossy Forest located at the peak of the highlands is a misty wonderland not to be missed! At 2,032 m above



sea level, the mouth of the forest is accessible by road from Brinchang.

The small town of Tapah at the foothills of Cameron Highlands is the gateway to the hill station and can be reached by bus, taxi or train from Kuala Lumpur. From Tapah, regular bus and taxi services are available to Tanah Rata, 60 km away. The resort is also accessible via the new highway at Simpang Pulai. If you are driving from Kuala Lumpur, the Simpang Pulai exit is about 45 minutes north of Tapah along the North-South Expressway.





Genting Highlands

The fun never stops at this popular tourist attraction, only 45 minutes from Kuala Lumpur. Dubbed the 'City of Entertainment', this resort offers indoor and outdoor theme parks, an 18-hole golf course and a casino.



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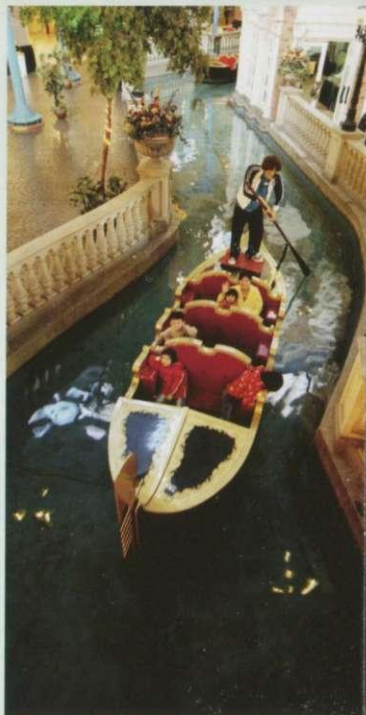
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Perfect for a family holiday, visitors will also be treated to spectacular magic shows and ice-skating extravaganzas. Enjoy a visit to Snow World where you can ride on the toboggan. For the adventurous, try the Genting Sky Venture, the only free fall skydiving simulator in Asia. Tourists can drive up to the resort or stop at the Genting Skyway Station at Gohtong Jaya, 950 m above sea level, and take a cable car ride to the summit.





Fraser's Hill

Named after Louis James Fraser, a Scottish trader who disappeared in the area in 1916, this quiet getaway is perfect for a relaxing holiday.

About 100 km from Kuala Lumpur, Fraser's Hill is akin to a little Scottish hamlet with granite-coloured mock-Tudor buildings dotting the landscape. It is surrounded by beautiful wild flowers and well-tended gardens.



Enjoy a round of golf on the undulating fairways bordered by lofty ferns and pine trees. Visit the flower nurseries, go horse riding, try archery or wood ball, or enjoy a boat ride on the lake.

A popular recreational pursuit here is bird watching, made more interesting with the annual International Bird Race. The beauty of this hill resort is best experienced on the numerous jungle trails here, which are marked to indicate varying degrees of difficulty.



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Fraser's Hill is accessible from Kuala Lumpur via the North-South Expressway and the Karak Highway. Visitors using the North-South Highway, must exit at Tanjung Malim and take the Tanjung Malim-Kuala Lumpur trunk road to Kuala Kubu Bharu, which cuts across the towns of Kalumpang and Kerling. Visitors will pass the Gap resthouse, which is about 9km from the top of the hill resort.

Alternatively, visitors can use the Karak Highway and turn left into the Bentong junction before heading for Teranum.



At Teranum, turn left and proceed to drive uphill. Fraser's Hill can be visited at any time of the day as the new, one-way road uphill is completed. The old road is designated for vehicles leaving the hill resort.





Berjaya Hills Resort

Rising impressively atop Pahang's jungle-clad hills is the picturesque and invigorating Berjaya Hills Resort. Situated 10 km off the Karak Highway, Berjaya Hills is a mere 45 minutes' drive from Kuala Lumpur.

This 16,000-acre retreat captures the essence of different cultures of the world in a single destination. The main attraction here is Colmar Tropicale, a French-themed resort town. Its Colmar Square, a cobblestone courtyard, resembles a French village with attractions such as a fountain, wishing well, clock tower, sidewalk deli and gift shops. This delightful square enjoys immense popularity for its outdoor dining and street performances. Higher up at

about 3,500 feet above sea level is the Japanese Village. Stroll along the landscaped Japanese Garden, rejuvenate at the Tatami Spa or participate in a tea drinking ceremony at the authentic wooden Japanese Tea House.



Berjaya Hills Resort has something for everyone in the family. Enjoy a horse ride to take in the scenic views or tee-off at the resort's 18-hole international standard golf course. Children will find the Rabbit Park to be an irresistible attraction. The Botanical Garden will be an interesting discovery with its collection of colourful temperate flowers and fruits. For a relaxing time, enjoy a stay in the resort's tastefully furnished suites.



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A Wealth Of Traditions



CULTURE & HERITAGE

Tour the state's cultural and historical attractions for a glimpse of its rich traditions and interesting past.



Kuala Lipis

Strategically located between the Lipis and Jelai Rivers, the historical town of Kuala Lipis was a bustling trading point in the early days. It was the former capital of Pahang for 57 years. The colonial buildings here boast neo-classic and eclectic architecture. The Pahang Club House was the first building to be built by the British in this town. It was home to the former British Residents (administrators) of Pahang and now functions as the Kuala Lipis Rest House. The Clifford School was built in 1913 to honour Sir Hugh Clifford, the second British Resident of Pahang. Many of the state's royalty and leaders were educated in this prestigious school.

Pekan

Located on the banks of the Pahang River 50 km south of Kuantan, Pekan is the royal

town of Pahang. The Pekan State Museum houses a rich collection of artefacts, priceless antiques including glassware and ceramics as well as exhibits tracing the lineage of the state's royalty. This town also hosts the final leg of the Pahang River Rafting Expedition, where participants can experience the culture and lifestyle of Pahang's hinterland.

Pulau Keladi Cultural Village

Only 15 minutes away from Pekan is the Pulau Keladi Cultural Village. Among the attractions here is the birth place of Tun Abdul Razak, Malaysia's second Prime Minister. At the Pahang Silk Weaving Centre nearby, visitors can watch the intricate art of silk weaving.



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Sungai Lembing Museum

A serene town tucked away about 40 km northwest of Kuantan, Sungai Lembing offers a glimpse into Malaysia's bygone days during the British and Japanese eras. At its heyday, Sungai Lembing had the largest subterranean coal mine in Southeast Asia. The charming heritage buildings here are reminiscent of its rich past.

The Sungai Lembing Museum, formerly the residence of a British official, exhibits artefacts from the town's glorious tin-rich days, including mining equipment, mineworkers' costumes, furniture and tableware. Its fascinating diorama features miners at work. Open daily from 9.00 am - 5.00 pm. (Closed during lunch on Fridays)
Contact: 609-541 2378.

Located en route to Sungai Lembing from Kuantan is the

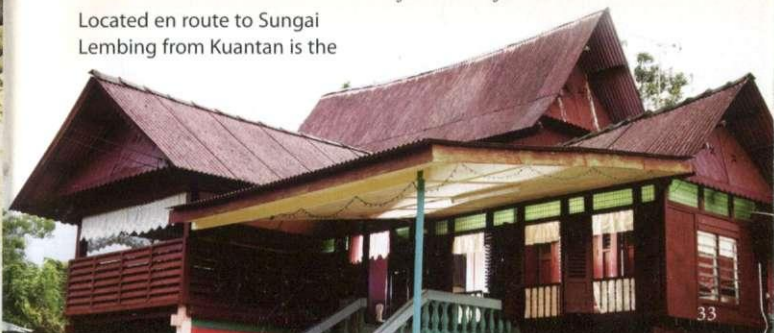
Charas Cave, a limestone structure which houses a magnificent statue of reclining Buddha.

Homestays

Experience genuine Malay hospitality and the local lifestyle. Visit cottage industries or try your hand at farming and agriculture. Spend your evenings with a round of traditional games and bring back fond memories of your holiday.

Homestays:

*Temerloh : Gunung Senyum,
Desa Murni, Rumpun Makmur.
Kuala Lipis : Kuala Medang.
Raub : Sungai Pasu.
Pekan : Salong
Cameron Highlands :
Taman Sedia
Contact 609-517 7111 / 3 / 5
for more information.*





EXPLORING THE CITY Kuantan

This bustling capital is situated on the banks of the Kuantan river mouth. Modern buildings, exclusive royal residences, splendid mosques and unique places of worship add colour to the town's varied architecture.

Join the Kuantan River Cruise to traverse the state's mangrove areas. Monitor lizards and monkeys can be seen scurrying at the riverbanks and on occasions, small crocodiles can be seen making their way in the brackish water.

The highlight of the cruise is a stopover at the Mangrove Park,

where visitors can explore the mangrove jungle in a 250 m boardwalk. The mudflat is home to a host of inhabitants such as cockles, crabs, shellfish and otters. Bird-watchers can delight in observing eagles, egrets and kingfishers.

Contact: Kuantan Municipal Council

Tel: 609-512 1555



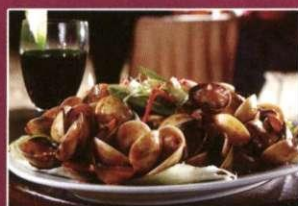
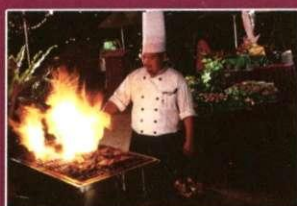
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Shopping & Dining



Indulge in shopping in and around Kuantan town where you can find everything from interesting souvenirs, unique handicrafts to fancy batik pieces. Shop like the locals and visit the night markets for the best bargains. When it comes to food, no matter where you are in Pahang, be sure to savour tasty local dishes, delectable desserts and the must-try fish crackers!



Shopping

In Kuantan, Teruntum Complex, Kuantan Parade, Berjaya Megamall and Kuantan Plaza offer the best shopping pleasures. Complete with cineplexes, food courts and a diverse selection of trendy shops, these complexes offer a wide scope for entertainment and shopping. For visitors looking for something different, there are night markets within the various localities in Kuantan. Craft shops can be found at Medan Pelancong (Jalan Besar), Kompleks Kraftangan (Jalan Pintasan), Sungai Karang and Cherating Village.



Pandanus household articles, wood carvings and batik are sold at reasonable prices here. Places to shop for fine fabric include the Pahang Silk Weaving Centre in Pulau Keladi, Pekan. Visitors can also witness how batik, a fabric with hand-painted or block motifs, is made at Batik RM in Tanah Putih and Cherating Village.



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Dining

Pahang offers a variety of Malay, Chinese and Indian delicacies. Alternatively, visitors can take their pick from the wide range of international cuisine or enjoy all-time favourites at the state's many fast food outlets. Pahang's authentic delicacies will tempt the palate with its tantalising aroma and taste. Savour dishes such as *Mi Calong* and *Laksa Pahang*, noodle varieties served with piquant seafood gravy. Don't miss the *Opor Pahang*, a mouth-watering meat dish. A novelty here is the *Nasi Periuk Kera* or rice cooked in pitcher plants, a specialty of the indigenous communities.

Temerloh, famed as *Bandar Ikan Patin* or the Town of Silver Catfish, will whet the appetite with a variety of traditional seafood recipes. A trip to the state's fishing villages will be incomplete without tasting the *keropok lekor* or local fish crackers. Desserts such as *Puding Diraja*, *Jeneral Mabuk* and *Akok Beserah* will be unforgettable relishes.



ACCOMMODATION

Pahang offers a variety of accommodations which suit all preferences and budgets. Enjoy the comforts of cottage styled bungalows on the cool hill resorts. Choose from beach resorts dotting the mainland or modest but comfortable accommodation on Tioman Island. Youth hostels, dormitories and campsites are suitable for group outings. Homestays are an interesting way to spend time with the village folk and learn more about their lifestyle.

CAMERON HIGHLANDS

Casa De La Rosa Hotel	Tel: 605 - 491 1333	Fax: 605 - 491 5500
Country Lodge Resort	Tel: 605 - 491 1811	Fax: 605 - 491 1396
Equatorial Resort	Tel: 605 - 496 1777	Fax: 605 - 496 1333
Heritage Hotel	Tel: 605 - 491 3888	Fax: 605 - 491 5666
Merlin Inn Resort	Tel: 605 - 491 1211	Fax: 605 - 491 1178
Rainbow Garden Hotel	Tel: 605 - 491 4628	Fax: 605 - 491 4668
Rosa Pasadena Hotel	Tel: 605 - 491 2288	Fax: 605 - 491 2688
Star Regency Hotel		
Apartments	Tel: 605 - 491 5135	Fax: 605 - 491 5122
Strawberry Park Resort	Tel: 605 - 491 1166	Fax: 605 - 491 1174
The Cool Point Hotel	Tel: 605 - 491 4914	Fax: 605 - 491 4070
The Lakehouse	Tel: 605 - 495 6152	Fax: 605 - 495 6213
The Smokehouse	Tel: 605 - 491 1215	Fax: 605 - 491 1214

FRASER'S HILL

Fraser Silverpark Resort	Tel: 609 - 362 2888	Fax: 609 - 362 2887
Fraser's Pine Resort	Tel: 609 - 362 2122	Fax: 609 - 362 2288
Shahzan Inn	Tel: 609 - 362 2300	Fax: 609 - 362 2284
Ye Olde Smoke House	Tel: 609 - 362 2226	Fax: 609 - 362 2035

GENTING HIGHLANDS

Awana Golf & Country Resort	Tel: 603 - 6101 3015	Fax: 603 - 6101 3535
Genting Hotel	Tel: 603 - 6101 1118	Fax: 603 - 6101 1888
Genting View Resort	Tel: 603 - 6100 2267	Fax: 603 - 6100 1016
Highlands Hotel	Tel: 603 - 6101 1118	Fax: 603 - 6101 1888
Resort Hotel	Tel: 603 - 6101 1118	Fax: 603 - 6101 1888
Seri Malaysia	Tel: 603 - 6100 2525	Fax: 603 - 6100 1125
Theme Park Hotel	Tel: 603 - 6101 1118	Fax: 603 - 6101 1888

BERJAYA HILLS

Berjaya Hills Golf & Country Club	Tel: 609 - 288 8890	Fax: 609 - 288 8832
Berjaya Hills Resort, Colmar Tropicale	Tel: 609 - 288 8888	Fax: 609 - 288 3333

BENTONG

D'ark Training & Resort	Tel: 609 - 222 9131	Fax: 609 - 235 1282
Hotel Kristal	Tel: 609 - 223 2118	Fax: 609 - 223 2128
Selesa Hillhomes	Tel: 609 - 233 0039	Fax: 609 - 233 0066

TIOMAN ISLAND

Babura Seaview Resort	Tel: 609 - 419 1139	Fax: 609 - 419 1139
Berjaya Beach Golf & Spa Resort		
Genting Bayu Chalet	Tel: 609 - 419 1000	Fax: 609 - 419 1718
Juara Beach Resort	Tel: 609 - 419 7039	Fax: 607 - 799 4364
Minang Cove	Tel: 609 - 419 3188	Fax: 609 - 419 3231
Mukut Harmony Resort	Tel: 607 - 797 0013	Fax: 607 - 799 7372
Nazri Beach Cabana (Nazri 11)	Tel: 607 - 7993 3440	Fax: 607 - 799 4532
Panuba Inn Resort	Tel: 609 - 419 1375	Fax: 609 - 419 1189
Paya Beach Resort	Tel: 609 - 419 1424	Fax: 607 - 799 7836
Pesona Island Resort	Tel: 607 - 799 1432	Fax: 607 - 799 1432
Salang Indah Resort	Tel: 609 - 419 1213	Fax: 609 - 419 1213
Salang Pusaka Resort	Tel: 609 - 419 5015	Fax: 609 - 419 5024
Tioman Beauty Beach Resort	Tel: 609 - 419 5317	Fax: 609 - 419 5421
	Tel: 607 - 799 4678	Fax: 607 - 799 4677

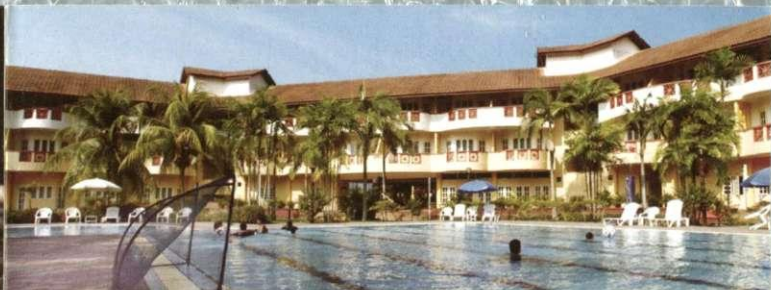


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JERANTUT / TAMAN NEGARA

Jerantut Hill Resort	Tel : 609 - 267 2288	Fax : 609 - 267 1188
Mutiara Taman Negara	Tel : 603 - 2145 5585	Fax : 603 - 2145 5430
Nusa Camp Holiday Village	Tel : 609 - 266 2369	Fax : 609 - 266 4369
Rainforest Resort		
Taman Negara	Tel : 609 - 266 7888	Fax : 609 - 267 2352
Tekam Plantation Resort	Tel : 609 - 471 8300	Fax : 609 - 471 8450
Woodland Resort	Tel : 609 - 266 1111	Fax : 609 - 267 2111
Tereseke View Motel	Tel : 609 - 266 9744	

KUALA LIPIS

Lipis Centrepoint Hotel & Apartment	Tel : 609 - 312 2688	Fax : 609 - 312 2699
Lipis Plaza Hotel	Tel : 609 - 312 5588	Fax : 609 - 312 5588
Pacific Hotel	Tel : 609 - 312 2788	Fax : 609 - 312 3953

KUALA ROMPIN

Lanjut Golden Beach Resort	Tel : 609 - 414 5113	Fax : 609 - 414 5112
Rompin Beach Resort	Tel : 609 - 414 1367	Fax : 609 - 414 1366
Seri Malaysia Rompin	Tel : 609 - 413 2724	Fax : 609 - 413 2732
Summerset Colonial Hotel & Villas	Tel : 609 - 414 1888	Fax : 609 - 414 0888

KUANTAN

Citiview Hotel	Tel : 609 - 517 9988	Fax : 609 - 513 2999
Classic Hotel	Tel : 609 - 555 4599	Fax : 609 - 513 4141
Club Med Cherating Beach	Tel : 609 - 557 9000	Fax : 609 - 557 9002
De Rhu Beach Resort	Tel : 609 - 581 9133	Fax : 609 - 581 9524
Gazma Resort	Tel : 609 - 544 7822	Fax : 609 - 544 7843
Grand Champagne Hotel	Tel : 609 - 513 8820	Fax : 609 - 513 9921
Grand Continental Hotel	Tel : 609 - 515 8888	Fax : 609 - 515 9999
Greenlast Hotel	Tel : 609 - 556 3338	Fax : 609 - 556 3189
Holiday Villa Cherating	Tel : 609 - 581 9500	Fax : 609 - 581 9178
Hyatt Regency Hotel	Tel : 609 - 518 1234	Fax : 609 - 567 7577
Impiana Resort Cherating	Tel : 609 - 581 9000	Fax : 609 - 581 9090
Le Village Beach Resort	Tel : 609 - 544 7900	Fax : 609 - 544 7899
M.S. Garden Hotel	Tel : 609 - 555 5899	Fax : 609 - 555 4558
Mega View Hotel	Tel : 609 - 517 1888	Fax : 609 - 517 1999
Pacific Hotel	Tel : 609 - 514 1980	Fax : 609 - 514 1979
Peranginan Tamukami	Tel : 609 - 583 9090	Fax : 609 - 583 7390
Residence Inn Cherating	Tel : 609 - 581 9333	Fax : 609 - 581 9252
Seri Malaysia Kuantan	Tel : 609 - 555 3688	Fax : 609 - 555 3118
Shahzan Inn Kuantan	Tel : 609 - 513 6688	Fax : 609 - 513 5588
Suraya Hotel	Tel : 609 - 555 4266	Fax : 609 - 555 4028
Suria Cherating Beach Resort	Tel : 609 - 581 9898	Fax : 609 - 581 9797
Swiss-Garden Resort & Spa	Tel : 609 - 544 7333	Fax : 609 - 544 9555
The Legend Resort, Cherating	Tel : 609 - 581 9818	Fax : 609 - 581 9400
Vistana Hotel	Tel : 609 - 517 8000	Fax : 609 - 517 8400

MARAN / TEMERLOH

Green Park Hotel	Tel : 609 - 296 3333	Fax : 609 - 296 2517
Mercu View Resort	Tel : 609 - 467 5650	Fax : 609 - 466 2737
Seri Malaysia Temerloh	Tel : 609 - 278 2828	Fax : 609 - 278 2898

MENTAKAB

Bukit Bendera Resort	Tel : 609 - 278 2828	Fax : 609 - 278 2898
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**The above is not an exhaustive listing*



Getting to Pahang

BY AIR

Malaysia Airlines operates daily flights between the Kuala Lumpur International Airport (KLIA) and the Sultan Ahmad Shah Airport in Kuantan. The journey takes about 40 minutes.

BY ROAD

Kuantan is situated about 260 km from Kuala Lumpur and 325 km from Johor Bahru in the south of the peninsula. There is a good road link from Kuala Lumpur, Singapore and Kota Bharu in Kelantan to Pahang. Kuantan is a 3 1/2-hour drive from Kuala Lumpur via the East Coast Highway. Express air-conditioned buses and taxis to Kuantan are available from the Puduraya Bus Terminal and (Hentian) Pekeliling bus station in Kuala Lumpur.

BY RAIL

Pahang is accessible through Mentakab and Kuala Lipis from Kuala Lumpur and Kota Bharu.

GETTING TO TIOMAN

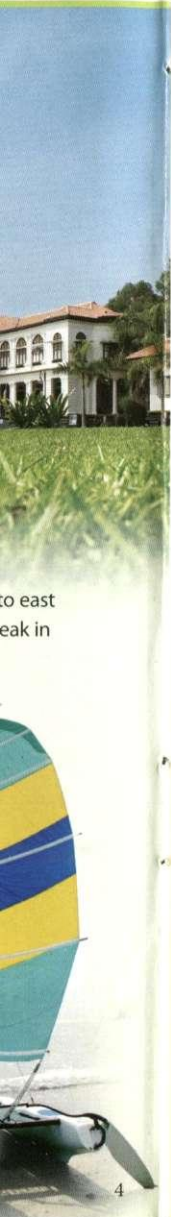
Tioman is accessible by boat and ferry from Tanjung Gemok in Pahang (jetty may close during the monsoon season) and Mersing in Johor. Journey time is approximately 1 1/2 hours. Berjaya Air operates daily direct flights to Tioman from the Sultan Abdul Aziz Shah Airport in Kuala Lumpur, as well as from Singapore. The journey takes about one hour from Kuala Lumpur and 40 minutes from Singapore.

GETTING AROUND

Getting around Pahang will be interesting as the state offers views of unspoilt natural beauty and scenic coastlines. Due to the vast size of its land, visitors are advised to plan their trips to make the best of their excursions and avoid long drives. Buses and taxis are easily available from Kuantan to other parts of the city. The two main bus stations are located in Jalan Besar and Jalan Pasar. Alternatively, cars can be rented for self-drive holidays.



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Fast Facts

COUNTRY

The Federation of Malaysia comprises Peninsular Malaysia and the states of Sabah and Sarawak in Borneo.

GEOGRAPHICAL LOCATION

Located between 2° and 7° north of the Equator, Peninsular Malaysia is separated from the states of Sabah and Sarawak by the South China Sea. To the north of Peninsular Malaysia is Thailand while its southern neighbour is Singapore. Sabah and Sarawak are bordered by Indonesia while Sarawak also shares a border with Brunei Darussalam.

LANGUAGE

Bahasa Melayu (Malay) is the national language but English is

widely spoken. The ethnic groups also speak various languages and dialects.

RELIGION

Islam is the official religion but all other religions are practised freely.

CLIMATE

Tropical climate with warm weather all year round. Temperatures range from 21°C to 32°C. Annual rainfall varies from 2,000 mm to 2,500 mm.

CURRENCY

The unit of currency is the Malaysian Ringgit indicated as RM. Foreign currency can be converted at banks and moneychangers.

USEFUL CONTACTS

Tourism Malaysia Pahang	609-517 7111 / 3 / 5
Pahang Tourist Information Centre	609-516 1007
Pahang Tourism Action Council	609-517 1111
Fraser's Hill Development Corporation	609-517 1623
Tioman Development Authority	609-514 1206
Cameron Highlands	
Tourist Information Centre	605-491 4560

Transport

Malaysia Airlines	1 300 88 3000
AirAsia	603-8775 4000
Kuala Lipis Railway Station	609-312 3277
KTM Railway Services	603-2267 1200
Avis Rent-A-Car	609-539 8768
Hertz Rent-A-Car	609-538 2248
Kurnia Bistari bus service	605-491 1485

Boat Services to Tioman

Fast Ferry Ventures Sdn Bhd	609-413 1997
Seagull Express	607-799 4297

TOURISM MALAYSIA OFFICES

HEAD OFFICE

17th Floor, Menara Dato' Onn, Putra World Trade Centre (PWTC)
No. 45 Jalan Tun Ismail, 50480 Kuala Lumpur, MALAYSIA
Tel: 603 2615 8188 • Fax: 603 2693 5884 / 0207
Tourism Infoline (within Malaysia): 1 300 88 5050
E-mail: enquiries@tourism.gov.my • Website: www.tourismmalaysia.gov.my
e-Portal: www.virtualmalaysia.com

STATE OFFICES

JOHOR

L3-26, Aras 3, Bangunan JOTIC
2, Jalan Ayer Molek
80000 Johor Bahru, Johor
Tel: 607 222 3590 / 1
Fax: 607 223 5502
E-mail: mtpbjhb@tourism.gov.my

KEDAH

Kompleks Pelancongan Negeri Kedah
Seksyen 20, Jalan Raja
05000 Alor Star, Kedah
Tel: 604 730 1322 / 731 2322
Fax: 604 734 0322
E-mail: mtpbkdh@tourism.gov.my

KELANTAN

Kampung Kraftangan, Jalan Hilir Balai
15300 Kota Bharu, Kelantan
Tel: 609 747 7554
Fax: 609 747 8010
E-mail: mtpbkeltan@tourism.gov.my

KUALA LUMPUR/SELANGOR/PUTRAJAYA

30th Floor, Menara Dato' Onn
Putra World Trade Centre (PWTC)
No. 45 Jalan Tun Ismail
50480 Kuala Lumpur
MALAYSIA
Tel: 603 2615 8188
Fax: 603 2693 5884 / 0207
Email: enquiries@tourism.gov.my

MELAKA

Tourism Malaysia Melaka
Lot 02, Tingkat Bawah
Bangunan Lembaga Tabung Haji
Jalan Banda Kaba
75000 Melaka
Tel: 06-288 3304 / 3785 / 1549
Fax: 06-286 9804
E-mail: mtpbmelaka@tourism.gov.my

NEGERI SEMBILAN

Seremban Plaza
Jalan Dato' Muda Linggi
70100 Seremban, Negeri Sembilan
Tel: 606 763 5388 / 762 2388 / 4488
Fax: 609 763 8428
E-mail: mtpbnegerisembilan@tourism.gov.my

PAHANG

Jalan Mahkota
25000 Kuantan, Pahang
Tel: 609 517 7111 / 3 / 5
Fax: 609 517 7114
E-mail: mtpbpahang@tourism.gov.my

PENANG

56th Floor, KOMTAR
10000 Penang
Tel: 604 261 0058 / 263 4941
Fax: 604 262 3688
E-mail: mtpbpen@tourism.gov.my

PERAK

Tingkat Bawah
Lot 7 & 9, Jalan Medan Istana 3
Bandar Ipoh Raya, 30000 Ipoh, Perak
Tel: 605 255 2772 / 9962 / 5055 / 1012
Fax: 605 253 2194
E-mail: mtpbperak@tourism.gov.my

PERLIS

No 19, Tingkat Bawah
Jalan Pengkalan Indah
Pengkalan Asam
01000 Kangar, Perlis
Tel: 604 978 1235 / 1213
Fax: 604 978 1143
E-mail: mtpbperlis@tourism.gov.my

SABAH

Lot 1-0-7, Ground Floor, Block 1
Lorong Api-Api 1, Api-Api Center
88000 Kota Kinabalu, Sabah
Tel: 6088 211 732 / 248 698 / 242 064
Fax: 6088 241 764
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(Trafficking in Illegal Drugs Carries The Death Penalty)

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